

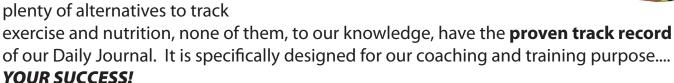
## It's Your Journal Advantage!

The **Daily Journal** is a one-way ticket to **your success**.

It's the best record-keeping tool to meet our **professional** standards for training, teaching and motivating.

## Here's why...

**Proven Success:** While there are



**Holistic Design:** Beyond exercise and nutrition, our Daily Journal tracks additional attributes like sleep, mood, stretching, warm-ups, cool-downs, etc. as well as muscle skeletal charts, guidelines and scheduling.

**Instant Real-Time Recording:** When you immediately record your activity as in the Daily Journal, the instant association facilitates your *"mind-body"* connection -- ie; the feeling of accomplishment transferred to your brain by *writing it down*. Through repetition this connection becomes **habit**.



**Instant Oversight & Feedback & Notes:** You'll note that we constantly review your journal to gain a "snapshot" of your progress. We also may write notes inside for modifications to your program -- or for encouragement.

**Bullet-Proof:** The Daily Journal is paper and plastic... which means you can drop it on the floor... take it out to the field, pool, court or wherever you may train. *It won't break.* And a little sweat will not hurt it a bit!